



We are very excited to welcome the new year at Vyana Wellness. 2011 brings lots of new additions to the clinic. Having said that we would like to welcome Julie Wise, she is a motivational coach and mentor. She is available every Tuesday for appointments, and is the author of Dream BIGGER: Reclaiming a Life of Joy and Ease. Julie helps people navigate change in their lives and reach their personal and professional dreams.

Now on to our newsletter... Our focus this time is on weight loss, detox and learning how to stick to your goals. The next article is written by Maya Jobanputra Nd, we hope you enjoy.

With the start of a new year, for many weight loss is at the top of the list of goals. With so much information out there, it's hard to know where to start.

When I work with patients on weight loss, I look at numerous factors. Obviously diet and exercise are crucial components to every weight loss program, but sometimes that isn't enough. Things to consider when diet and exercise aren't cutting it:

Diet:

- Blood sugar balancing: if your blood sugar and insulin levels are off, then your body will be storing a lot of your calories as fat instead of using it for energy. Stress can contribute to blood sugar imbalances as well as poor food choices.
- Food allergies: if you are constantly eating foods your body is not digesting well, you are not getting the nutritional value from these foods not to mention taxing the digestive as well as immune systems.
- What else is in your food? Dyes, additives, sweeteners, corn syrup, corn starch are all hidden enemies too weight loss, read labels carefully!

Exercise:

Choosing the right activity for you is important. Overdoing exercise can stress the body and adrenal glands, leaving you more stressed and prone to weight gain. Exercise is crucial for mental health, stress relief, circulation, toxin removal. If you are exercising and don't see weight coming off as fast as you would like, getting a body composition test done is important to see if you are gaining muscle or water or fat before becoming discouraged.

Fiber and water

Fiber is important for blood sugar balance (and feeling full after meals). Water soluble fiber helps clean out the colon, it binds to and removes cholesterol and bad estrogens. Fiber can lead to constipation, so be sure to drink plenty of water.

Detoxification and optimizing digestion

If you have cravings for certain foods, headaches, hormonal issues, skin issues, or digestive complaints your body could need a detox. Toxins are stored in fat cells, so if you don't remove toxins the body will hold onto fat so toxins aren't released into the blood stream too quickly.

Stress

Cravings for sugar, caffeine, emotional eating, belly fat are all signs of adrenal fatigue. This is an obstacle to weight loss not to mention overall health. Getting active, taking time everyday for relaxation, and treating your adrenal glands help combat stress.

If you need help navigating weight loss or further information on any of the above topics, please call or email us to set up your naturopathic appointment.

We are very excited to announce our Weight loss, Detox and Steps to Staying on Course seminar! It is at our clinic on January 29, 2011 from 10 am to 12 pm Please don't hesitate to call and we will gladly book you in!

The following article is written by Julie Wise, enjoy.

Yes, You Can!
By Julie Wise

It's January, and even if we try and avoid it, our thoughts always seem to turn to goals and resolutions. We start the new year fresh and full of good intentions, only to watch our commitment fade by February. We get discouraged, not just by the weather, but by our own inability to make lasting change in our lives.

This year, it can be different! Here are three simple keys to success.

- 1. Make it achievable**
- 2. Make it meaningful**
- 3. Make it happen**

If you're going to set a goal for yourself this year, choose one that really matters to you and give yourself a reasonable amount of time in which to accomplish it. Most resolutions falter because we become overwhelmed. We tend to set the bar too high, want to achieve too much and in too short a period of time. So keep it simple – one main goal and a manageable time frame.

Choose a goal that will bring a desired change into your life. If you really want it, then you'll do what's needed to make it happen. Your desire will help keep you motivated when the path gets tough.

Speaking of motivation, you're going to need some outside support to keep you going as well. Find a couple of people who are positive and encouraging and ask them to help you stay on track. Perhaps they have goals they're working toward and you can provide a mutual support network. One way is to set up a regular check-in with each other. During these chats, you share what's been happening in the previous week (your successes and challenges). You can offer each other suggestions for dealing with the challenges and be cheerleaders for each other along the way.

You do need a plan, of course. Take your goal and time line and write down what steps you can take to make it happen. Make a note of any resources or support you may need and where you can find them. Once you've organized your action plan, share it with your support team so that everyone is on the same page.

Now it's commitment time, and that's usually where we all fall down. Go back to Step 2. Is this a goal you really want to achieve? Is it truly important to you? If so, what are you waiting for? Commit to taking one step today! When you've done that, cross it off your list and celebrate! Put on some favourite music, do a little jig, or make something special for dinner. Find a way every day to take steps and celebrate your successes and the path to your goal will be an enjoyable experience.

Here's to your success!

Julie Wise is a Motivational Coach and Mentor and the author of *Dream BIGGER: Reclaiming a Life of Joy and Ease*. She works with individuals, couples, families and workplace teams to face challenges, ease transitions and move toward goals and dreams. She is available for appointments on Tuesdays (afternoon/evening) at Vyana Wellness Centre.